

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 8-26-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagel w/ Jelly or Cream Cheese  Milk	Cereal  Milk	Waffles  Milk	Blueberry Muffin  Milk	<b>Closed for Teacher In-Service Training</b>
Lunch	Macaroni and Cheese with Meat  Mixed Veggies  Pears  Milk	Nacho and cheese w/Tomato  Mixed Fruit  Milk	Fish Stick  Green Beans  Peaches  Milk	Mashed Potato  Carrots  Fresh Fruit  Milk	
PM Snack	Ritz w/cheese  Fruit	Graham Crackers  Fruit	Cheez It  Water	Vanilla Wafers  Water	<b>Closed for Teacher In-Service Training</b>

Milk- Whole for children under 2, Fat Free or 2% for children over 2 years old

Fresh Fruit choices- oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit, Seasonal Fruit

Bread and Pasta- Whole grain options will be used whenever possible.

All cheese- to be unprocessed and low fat

Whole grain to be included daily whenever possible.

Hydrogenated / Partially hydrogenated vegetable oils are never to be used.

Avoid fried versions of fish sticks, chicken nuggets and french fries

Due to supply chain issues certain food items may need to be substituted.